

eteaket

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Sip, Shine & Thrive: 31 Days of Wellness

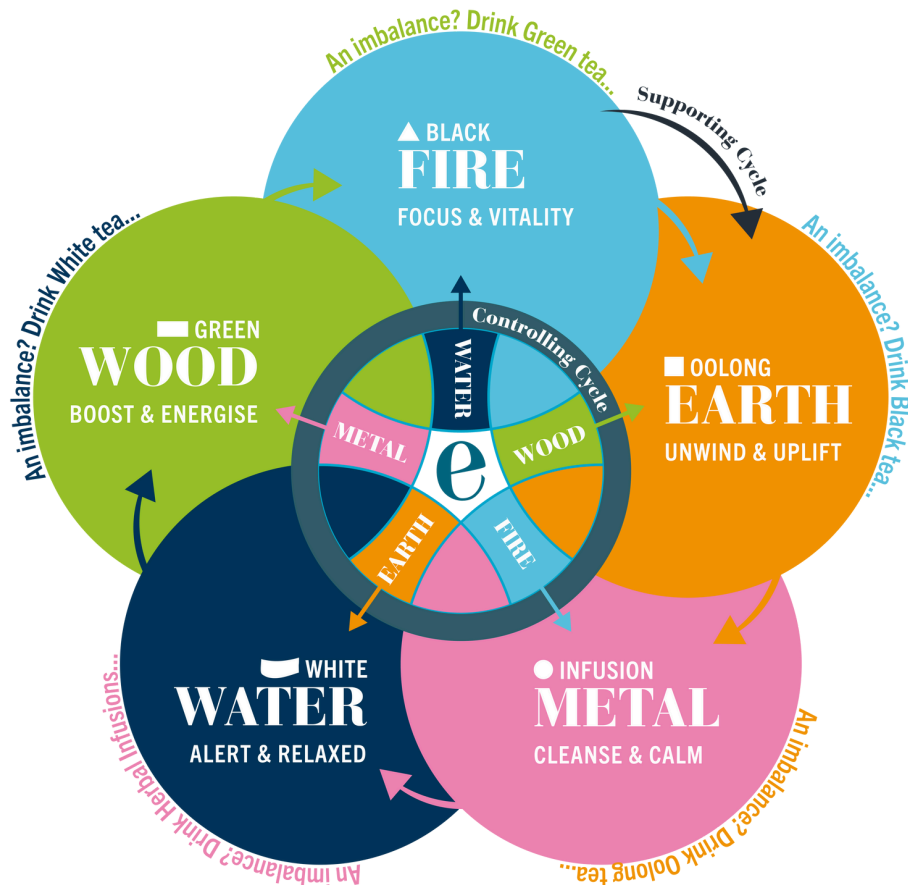
pause, rebalance & thrive.

At eteaket, our mission is to help you pause and rebalance with the highest quality, ethically sourced teas from around the world, including our own unique blends. We believe something as simple as a daily cup of tea can ground you, restore your energy and help you thrive.

Sip, Shine & Thrive: 31 Days of Wellness

Designed to reconnect you with the natural rhythms of the season. Rooted in the fire element of Chinese philosophy, the phases of the moon and wellness traditions, each day offers a simple, mindful practice or journal prompt that can be practiced whilst your leaves steep.

Simply find a moment each day to consider how you feel, really check in with your self & track your mood. Use the prompts to reflect, journal your answers or take mental stock - it's your journey.





WEEK 1: IGNITE (July 1–7)

Moon Phase: Libra (First Quarter) > Scorpio (Waxing Gibbous) > Sagittarius (Waxing Gibbous)

The Moon's phases mirror our inner rhythms; its waxing and waning reflect cycles of energy, emotion and intention. As the Moon moves from Libra through Scorpio to Sagittarius this week, tune into shifts from balance and reflection, through deep emotional truth, to expansive optimism—allowing each phase to guide your inner fire with clarity and heart.

Theme: Emotional reset, intention setting, inner nourishment

Tuesday 1st July

moon

Moon in Virgo - Libra



emotion tracker



Ask yourself how you're really feeling?

Tea routine:

Choose any tea leaves you feel drawn to. Find a quiet spot, indoors or outside, and steep your tea. .

As it brews, place one hand on your heart, the other on your belly. Take 3 deep breaths. Inhale the tea aroma. Let your body speak. As you sip your tea. Ask yourself; think or journal :

“What part of me is ready to be ignited, protected or expressed?”

Wednesday 2nd July

moon

Moon in Libra



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a cup of green tea- linked to the Wood element, which feeds Fire. This fresh, vital energy supports growth and momentum. Hold the warm cup, breathe in its clean, grassy aroma. Let your breath slow and your mind centre.

Sip with presence. Feel where movement is ready to begin.

Consider: “What simple, intentional action can I take today to nourish and ignite my inner fire?”

Thursday 3rd July

moon

Moon in Libra



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Open your heart. Drink a warming brew - containing ginger, cinnamon or hibiscus to tap into your heart energy.

Stand or sit with bare feet on the earth or floor. As your tea brews, inhale its scent. Gently roll your shoulders back, lift your chest and take a few slow breaths into your heart space. Sip slowly. Allow yourself to soften and feel.

Ask yourself; think or journal : “Where in my life do I need to be more honest with myself?”



Friday 4th July

moon

Moon in Scorpio



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew rooibos - rich, warming, and full-bodied.

As you sip, press your fingertips gently against your sternum, feeling the steady beat of your heart.

Breathe slowly and focus inward on what needs your attention.

Ask yourself; think or journal : "What truths have you uncovered so far, and what one action can you take this week to transform them into growth or let them go?"

Saturday 5th July

moon

Moon in Scorpio



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a calming herbal tea of your choice - something soothing and grounding.

Sit quietly and feel its warmth.

Ask yourself; think or journal :

"What part of me needs more care right now? What might be stopping me from moving forward?"

Sunday 6th July

moon

Moon in Scorpio



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a cup of white tea, light and cooling, connected to the Water element—perfect for calming the mind and cleansing emotions. Sit comfortably and sip your tea slowly, feeling the coolness soothe your body. Close your eyes and picture a bonfire before you. A strong, steady flame burning brightly. Bring to mind anything you've noticed this week that holds you back or no longer serves your growth.

Visualise placing these burdens, doubts, or fears into the fire, watching them burn away, leaving space for fresh energy.

Monday 7th July

moon

Moon in Sagittarius



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a bright, uplifting tea like ginger & lemon, or a spicy chai. Awaken your senses and spark motivation.

Hold your cup, take a deep breath, and feel the warmth energising your body and mind.

Stand or sit tall, stretch your arms wide to open your chest, and breathe deeply into your heart space.

Ask yourself; think or journal :

"What bold intention will I set for this week to move me forward with confidence and joy?"